

Oral Health Messaging: Pregnant Women & Breastfeeding

KANSAS WIC WEBINAR SERIES

OCTOBER 8, 2019

KATHY HUNT, RDH, ECPH
DENTAL PROGRAM DIRECTOR
ORAL HEALTH KANSAS

Objectives

- Describe the connections between oral health and pregnancy
- Explain the current dental care recommendations for pregnant women
- State the effect of breastfeeding on baby's oral health
- Identify sources for dental care and free oral health educational materials

Oral Disease

1000+ strains of bacteria live in the human mouth

3 major types of oral disease:

Tooth Decay
Gum Disease
Oral Cancer





Importance of Oral Health During Pregnancy

Pregnancy Affects Oral Health

- Morning Sickness
- Pregnancy Gingivitis
- Dry Mouth
- Loose Teeth

Can a fetus take calcium from mother's teeth? **No!**




Importance of Oral Health During Pregnancy

Oral Health Affects Pregnancy

- Pain Leading to Unhealthy Diet
- Preterm Low Birth Weight Babies?

Oral Health Messages to Share with Pregnant Women



- Get dental care
- Practice good oral hygiene
- Eat healthy and nutritious food
- Practice other healthy behaviors

Photo Source: Thinkstock ©

Get Dental Care

4 out of 10 pregnant women have tooth decay and/or some form of gum disease



Photo Source: Thinkstock ©

Reasons for Not Seeking or Receiving Oral Health Care During Pregnancy

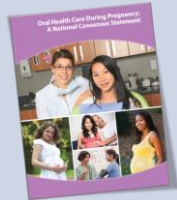


- Do not understand that oral health is important to a healthy pregnancy
- Believe that poor oral health during pregnancy is normal
- Afraid that baby may be hurt by X-rays, local anesthesia, pain medications, or dental treatment
- Cannot find a dentist willing to treat pregnant women

Oral Health Care During Pregnancy: A National Consensus Statement

In a national survey, 77% of obstetricians and gynecologists reported **having patients who were declined dental services** because they were pregnant.

- Expert Workgroup
- Provides guidance on oral health
 - Prenatal care Medical Professionals
 - Dental Professionals
- Pharmacological considerations



Consensus Statement Recommendations

Presence of infection (gum disease and dental decay):

- Dental treatment recommended
- Greater risk to pregnancy by not treating the infection
- Can be performed anytime during pregnancy, but 2nd trimester is ideal

No infection present:

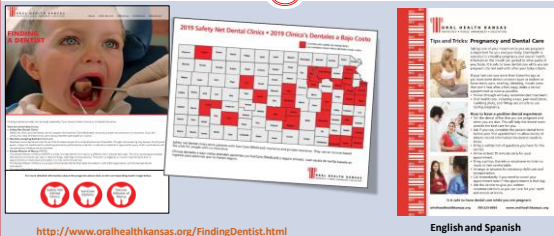
- Preventive care recommended
- Postpone teeth whitening and other cosmetic procedures until after the birth



Organizations supporting dental services during pregnancy

- Association of State and Territorial Dental Directors
- American Academy of Pediatrics
- American Dental Association
- American Academy of Periodontics
- American College of Obstetricians and Gynecologists
- American Academy of Physicians Assistants
- American Academy of Pediatric Dentistry
- American Academy of Nurse-Midwives

Resources for Dental Care during Pregnancy



<http://www.oralhealthkansas.org/FindingDentist.html>

English and Spanish

Oral Health Messages to Share with Pregnant Women



- Get dental care
- Practice good oral hygiene
- Eat healthy and nutritious food
- Practice other healthy behaviors

Practice Good Oral Hygiene

- Brush teeth using fluoridated toothpaste twice a day
- Floss teeth once a day



Photos: Shutterstock ©

Practice Good Oral Hygiene

- Rinse nightly with an over-the-counter, alcohol-free, fluoride mouth rinse
- After eating, chew gum with Xylitol to reduce the amount of bacteria that cause tooth decay
- After vomiting, rinse mouth with a teaspoon of baking soda in a cup of water to neutralize stomach acids in mouth



English and Spanish

Oral Health Messages to Share with Pregnant Women



Photo Source: Thinkstock ©

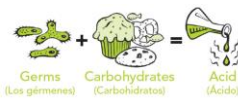
- Get dental care
- Practice good oral hygiene
- Eat healthy and nutritious food
- Practice other healthy behaviors

Eat Healthy and Nutritious Food

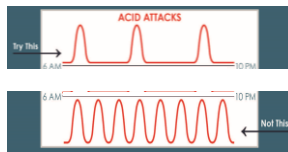
- Eat a variety of healthy foods
- Eat fewer foods high in sugar
- Drink fewer beverages that contain sugar, like fruit-flavored drinks or pop/soda
- Drink fluoridated water throughout the day, especially between meals and snacks



Limit Acid Attacks



- Limit simple carbs to mealtimes
- Drink water when thirsty
- Stick with proteins for snacks



Oral Health Messages to Share with Pregnant Women



Photo Source: Thinkstock ©

- Get dental care
- Practice good oral hygiene
- Eat healthy and nutritious food
- Practice other healthy behaviors

Practice Other Healthy Behaviors

- Attend prenatal classes
- Reduce risk of oral cancer
 - Stop alcohol use
 - Stop tobacco use
 - cigarettes and chew
 - Avoid secondhand smoke
 - E-cigarettes contain nicotine & other chemicals



Photo: Science: U.S. Department of Agriculture

Oral Cancer can be very destructive if found in later stages.
Asked to be screened at medical and dental appointments.

General Resources on Oral Health and Pregnancy



Videos

How To Take Care Of Your Teeth During Pregnancy

- American Dental Association
- 2 minutes

<https://youtu.be/xYAPSoZEUU>



Healthy Smiles from the Start

- American Dental Association
- 5 minutes

<https://youtu.be/wcmmsqK1TwA>

Tips for Good Oral Health During Pregnancy



Also available in:

- Arabic
- Chinese
- Chuukese
- German
- Korean
- Portuguese
- Russian
- Samoan
- Spanish
- Vietnamese

Oral Health & Breastfeeding



Does breast milk cause cavities?

Answer: It depends

- Breastfeeding and breast milk, when possible, are the best choices for baby
- Ideally, the baby should be fed only breast milk for the first six months
- Other healthy foods should be introduced at six months while breastfeeding is continued for twelve months or as long as the mother and child wish.



Does breast milk cause cavities?

Oral Health Impact:

- Before other foods are added to baby's diet, breast milk alone does not cause cavities
- Once other foods, including formula, are started, teeth can get cavities quickly
 - Remove breast after baby falls asleep
 - Limit how often sweet foods are given
 - Regular oral hygiene routine
 - Wipe gums after feeding
 - Toothbrush when first tooth erupts



Resources for Breastfeeding and Oral Health

English and Spanish

Breastfeeding: 6 Things Nursing Moms Should Know About Dental Health

LactMed
A Toxnet Database
<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>



ORAL HEALTH KANSAS

Kathy Hunt, RDH ECPII

khunt@ohks.org

General e-mail: info@oralhealthkansas.org

Web Site: www.oralhealthkansas.org